



## Gradients of Sight

# In the Presence of The Present

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March 24, 2006  
gosight.com

Often in our daily lives, the consistent reference to past events or planning in anticipation for the future; blurs perception of the present moment. Through this obscurity, life appears linear and becomes easily overcomplicated when attempting to slow the process once set into motion. When answers are sought through continued analysis of past experiences, the recall brings forth the thought/action/reaction antithesis, which often aids to create the problem itself.

This statement is not intended to paint prior occurrences/knowledge as useless. Rather, it is overreaction to words and actions applied during and after event(s) that perpetuate being lost in thought. Once confusion and emotional disorientation rises to the occasion; there is increased difficulty in identifying the source of overlapping problems. Perhaps the most challenging aspect of vision loss to overcome is this very dichotomy.

Elements of two extremes were faced in personal experience among the wreckage of such a sudden life change. Seething projected anger towards the helplessness, alongside an inward disparity of separation from the reality once known. Transition will

always be an ever-changing process, meaning keeping the mind in the present moment is crucial for survival.



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